

Bibliography
of Summary of
Military in Wasatch Co

Table 7

Number of Wasatch County Adults at Risk
by Specific Risk Factors, 1986

1. Lack of Safety Belt Use (82%)*	4,900
2. Lack of Regular Exercise (68%)	4,100
3. Smoking (15%)	900
4. Have Hypertension (13%)	800
5. Obesity (12%)	700
6. Drink and Drive (5%)	300
7. Smokeless Tobacco (4%)	200
8. Chronic Alcohol Consumption (2%)	100

Risk prevalence data are very useful for strategic health planning. By combining behavioral risk factor prevalence rates with the known relative mortality risks associated with specific behaviors, we can compare the relative impact of negative health behaviors. The Centers for Disease Control have developed a statistical program that estimates the effect of health behavior on mortality. Table 8 summarizes the deaths attributable to the various risk factors based on prevalence in Wasatch County.

Table 8

Number of Wasatch County Deaths Attributable
to Specific Risk Factors, 1981-1985

Risk Factor	Attributable Deaths	
	No.	% of Total
Smoking	18	6%
Drinking	8	3%
Hypertension	29	9%
Inactivity	15	5%
Overweight	4	1%
Safety Belt Nonuse*	5	5%
Total	79	25%

*Safety Belt Use data are not Wasatch County specific. They are taken from the 1986 Utah Behavioral Risk Factor Survey and represent rural Utah responses. Those at risk self-reported, by telephone, less than always using safety belts.